

# One Month Core Workout

## Week 1

1 *Back + Plank + Ball*

2 *Back + Cardio*

3 *Rest*

4 *Cardio*

5 *Back + Plank + Ball*

6 *Back + Cardio*

7 *Plank + Ball*

## Week 2

8 *Rest*

9 *Back + Plank + Ball*

10 *Rest*

11 *Back + Cardio*

12 *Plank + Ball*

13 *Rest*

14 *Back + Plank + Ball*

## Week 3

15 *Rest*

16 *Plank + Ball*

17 *Back + Cardio*

18 *Cardio*

19 *Rest*

20 *Back + Plank + Ball*

21 *Back + Cardio*

## Week 4

22 *Rest*

23 *Plank + Ball*

24 *Back + Cardio*

25 *Rest*

26 *Back + Plank + Ball*

27 *Back + Cardio*

28 *Rest*

## Week 5

29 *Plank + Ball*

30 *Back + Cardio*

31 *Back + Plank + Ball*

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